THE RECOVERY KERNEL

Dancefloor Intelligence Series

[illegible]

[illegible]

[illegible] [illegible]

[illegible]
[illegible] [illegible] [illegible]
[illegible]

[illegible]
[illegible] BPM
[illegible]-[illegible]
[illegible]

[illegible]

THE CENTURION — [illegible] [illegible]
[illegible]

[illegible] [illegible]
[illegible]: [illegible] [illegible]
[illegible] [illegible]

[illegible] [illegible]
[illegible] [illegible]
[illegible] [illegible]
[illegible] [illegible]

[illegible] [illegible]
[illegible] [illegible] MDMA
[illegible] [illegible]
[illegible] [illegible]
[illegible] [illegible] [illegible]
Recovery Kernel [illegible] [illegible]
[illegible]

□□ **RECOVERY KERNEL**

□□□□□□□ 0

□□□□□□□□□□□□□□□□: □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□

□□□□□□□□□□□□□□□□□□□□□□□□ · □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ · □□□□□□□□□□□□ · □□□□ □□□□ · □□□□□□□□□□□□□□□□

□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□.

*□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

1. □□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible]	[illegible]	CO_2 [illegible]
[illegible] - [illegible]	[illegible]	[illegible] CO_2 [illegible]
[illegible] (CO₂) [illegible] - [illegible]	[illegible]	[illegible] (CO₂) [illegible]

□□□□□□□□□□□□□□□□□□□□□□□□□□□□/□□□□□□□□□□□□□□□□□□: □□□□□□□□□□□□□□□□□□□□

		□□□□□□□□ □□□□□□□□

- [redacted] — [redacted] (CO_2) [redacted]
  [redacted]
- [redacted]
  [redacted]
- [redacted]: [redacted], [redacted], [redacted]
  [redacted] (CO_2) [redacted]
  [redacted]: [redacted]

[redacted]**: CO_2 + MDMA +** [redacted] **+** [redacted] **+** [redacted]
[redacted] **—** [redacted] **—** [redacted] **CO_2** [redacted]
[redacted]
[redacted]
[redacted]

□□□□

	□□□□

□□□□□□□□□□: □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□

THE CENTURION — □□□□□□□□□□□□□□□□□□

The Conga Line: □□□□

[redacted]: [redacted]

[redacted]]

[redacted]	[redacted] "conga" [redacted]	[redacted]?
[redacted].	[redacted] [redacted] [redacted]

[illegible]

[illegible]:

* [illegible]
* [illegible]
* [illegible]

[illegible]: [illegible]

[illegible] BPM: [illegible] "step-step-kick" [illegible] 100–130 BPM [illegible] house [illegible] Afrobeats [illegible] kick [illegible] snare [illegible] 150 BPM [illegible] hard techno [illegible] "step-step-kick" [illegible] 80 BPM [illegible]

[illegible]: [illegible] ([illegible]) [illegible]

[illegible]: [illegible] 0 [illegible] 8

THE CENTURION — [illegible]

[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]: [illegible], [illegible], [illegible] BPM (Beats Per Minute), [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]

[illegible]—[illegible]—[illegible]

[illegible] **0 —** [illegible]

- ☐ [illegible] - [illegible]
- ☐ [illegible]/[illegible]
- ☐ [illegible] — [illegible]
- ☐ [illegible]
- ☐ [illegible]/[illegible]
- ☐ [illegible]
- ☐ [illegible] — [illegible]
- ☐ [illegible] — [illegible], [illegible], [illegible]
- ☐ [illegible] — [illegible], [illegible], [illegible]
- ☐ [illegible] - [illegible] 60-90 [illegible]
- ☐ [illegible]: [illegible]

— — —

[illegible] 0 [illegible] Recovery Kernel | [illegible]

[illegible]

[illegible] 1 — [illegible]: [illegible]

THE CENTURION — [illegible]

□□□

- [illegible] [illegible] [illegible]

	[illegible]	[illegible]
The Lean	[illegible] 130–150 BPM [illegible] 10 [illegible]	[illegible] (1 [illegible] 3, [illegible] 2 [illegible] 4 [illegible]

□□□□□□□ 2 — □□□□□□□□□□□□□: □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□

THE CENTURION — □□□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□

□□□□

4. □□□□□□□□□□-□□-□□: □□□ 3, □□□□□□□□□□□□□□□□□□□□ □□□□ 3, □□□□□□□□□□□□□□□□□□□□

	□□□□□□□□□	□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□

2.4 — □□□: □□□□□□□□□□□□□□□□□□□□

□□□□□□□□ 3 — □□□□□□□ BPM: □□□□□□□□

		[illegible]		
96–115 [illegible]	Afrobeats, Amapiano, dancehall, baile funk, [illegible] deep house	[illegible] Afrobeats [illegible]	[illegible] "[illegible]" [illegible]—[illegible] Afrobeats [illegible]	[illegible] "[illegible]" [illegible] [illegible] "[illegible]-[illegible]" [illegible]
116–126 [illegible]	Deep house, soulful house, late-night house	[illegible]—[illegible]: [illegible]—[illegible]—[illegible]	[illegible]	[illegible] — [illegible] deep house ([illegible]) [illegible] kick [illegible] kick

		□□□□		
126–134 □□□□□□□□□ □□□□	House, progressive house, classics	□□□□□□□□□□□□□□□□ □□□□ "□□□□-□□□-□□□□-□□□□□" □□□□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□ "□□□□" (□□□□□□□□): □□□□□□□□□□□□□□ □□□□□□□□□□□□□ 1 □□□ 3, □□□□□□□□□ □□□□□□□□□□□ □□□□□□□ 2 □□□ 4 □□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□ "□□□□□□□□□" □□□□□□□□□□□□□□ □□□□: □□□□□□□□□ □□□□□□□□□□□ □□□□□□□ 1, □□□□□□ □□□□□□□□□□□□□□ □□□□□□□ 3	□□□□□□□□ "□□□ □□□□" □□□□□□ 80: □□□□□□□□□□□□□□□□□ □□□□□□, □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□	□□□□□□□□□□-□□ □□□□□□□□□ □□□□□□□: □□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ "□□□□" □□□□□□□□□□□□□□ □□□□ (kick). □□□ □□□□□□□-□□□□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ 1-2 □□□ 3-4 □□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□
134–145 □□□□□□□□□ □□□□	□□□□□□, □□□□□□□□ □□□□□□□□□□□ □□□□, □□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□ □□□□□□□□□□□□□ □□□□□ □□□□□□□□□□ □□□□: □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□□□□□□□	□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ (BPM) □□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□ 140 BPM □□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□ □□□□□□□□□□ 140 □□□□□ □□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□ □□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□ □□□□□□□□□□□□ □□□□□□□□□

		□□□□

		(breakbeat) □□□□ □□□ 160–180 □□□ □□□□□□□□□ □□□□□□□□□□□□□□ (80 BPM) □□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□: □□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ 0.75 □□□□□□□□□□□□□□ □□□□□□□ □□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□	□□□□□□□□□□ □□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□ (half-time feel) □□□□□□□□□□ □□□□□□□□□□□	□□□□□□□□□□ □□□□□□□□□□□□ □□□□□-□□□□□□ □□□□□□□□□□ □□□□□□□□□□

□□□□□□□□ 4 — □□□□□□□□□: □□□□□□□□□

□□□□□□□□ 5 — □□□□□□□□□□□□□□□□□□□□□□□□□□□□ (□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□)

THE CENTURION — □□□□□□□□□□□□□□□□□□□□□□□□ "□□□□□□□□□□□□□□□" □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

□□□□□□ "□□□□□□□□ □□□□□□□□□□□□□□□□□□□□" — □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□ "□□□□□□□□" □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible] 6 — [illegible]: [illegible] [illegible] [illegible]

THE CENTURION — [illegible] 145 [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] Recovery Kernel [illegible] BDNF, [illegible] [illegible] (anandamide) [illegible] [illegible]νον[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]:	[illegible]	[illegible] Recovery Kernel
The Bounce ([illegible])	[illegible], [illegible], [illegible] [illegible] ([illegible]) [illegible]	[illegible] — [illegible] [illegible]	[illegible] BDNF [illegible] 20 [illegible]
[illegible] ([illegible])	[illegible] ([illegible] - [illegible]), [illegible], [illegible], [illegible]	[illegible] [illegible]	[illegible] [illegible]
The Stomp ([illegible])	[illegible] ([illegible]), [illegible] ([illegible]	[illegible] [illegible] 140 [illegible] — [illegible]	[illegible] 150 [illegible]: [illegible]

	□□□□□□□), □□□□□□ □□□□□□□□□□□ (□□□□ □□□□□□□□□□□□□□□□□□□), □□□□□□□□□□□□□□□□ □□□□□ (□□□□□□□□□□□ □□□□□), □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□	□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□ (□□□□□ B □□□□ □□□□□□□□□) □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□ □□□□ (□□□□□□□□□□□□□□□ □□□□□□□□□□)	□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□, □□□□□□ □□□□□□□□□□□□□□□□□□□□ (□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□), □□□□□□ □□□□□□□□□□□□□ (□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□), □□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□	□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□: □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□

	[illegible] ([illegible]), [illegible], [illegible]	[illegible]	Berghain [illegible]

6.1 — [illegible]

[illegible]	[illegible]	[illegible]
[illegible] ([illegible])	80–120 [illegible] — [illegible]	[illegible] ([illegible])
[illegible]	250–350 [illegible]	[illegible]
Full bounce [illegible], [illegible] 130–145 BPM	350–450 [illegible]	[illegible]
Hard techno [illegible] 145–160 BPM	450–600 [illegible]	[illegible], [illegible]
[illegible] — [illegible], [illegible], [illegible], [illegible]	500-700 [illegible]	[illegible] HIIT (High-Intensity Interval Training) [illegible]

		□□□□

□□□□□□□□ 7 — □□□□□□□□□□□□□□□□□□□: □□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□

THE CENTURION — □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible]: [illegible] [illegible] [illegible]

[illegible] **RECOVERY KERNEL**

[illegible] 8 [illegible] 9

[illegible]

Electric Slide · Running Man · Roger Rabbit · The Spin · The Train · Russian Doll · [illegible]

Dance Entropy · The Geriatric Venue · The Intergenerational Rescue

[illegible]

[illegible]

[illegible] 8 — [illegible]

THE CENTURION — [illegible]

[illegible] "Running Man" [illegible] "Electric Slide" [illegible] "Roger Rabbit" [illegible]-[illegible] 128 BPM [illegible]

[illegible]: [illegible], [illegible] (BPM) [illegible], [illegible], [illegible]

[ ]

8.1 — [illegible]

[illegible]—[illegible]

The Electric Slide

Electric Slide - Marcia Griffiths, [illegible] 1976 · [illegible] 1980 [illegible] 1990

[illegible]	[illegible]	[illegible]?
[illegible] 1 — [illegible]: [illegible] ([illegible]) [illegible] [illegible] 2 — [illegible]: [illegible] ([illegible]) [illegible] [illegible] 3 — [illegible]: [illegible] ([illegible]) [illegible] [illegible] 4 — [illegible]: [illegible] ([illegible]) [illegible]	[illegible] 90-120 [illegible], [illegible] Electric Slide [illegible]	[illegible]—[illegible]—[illegible]

[illegible]: [illegible] **Electric Slide** [illegible] **—** [illegible]

[illegible]: [illegible]

The Train / Hands-on-Shoulders

The Train / Shoulder Groove [illegible]

[illegible]

- [illegible] — [illegible]
- [illegible]
- [illegible]: [illegible], [illegible], [illegible] — [illegible], [illegible], [illegible]
- [illegible]: [illegible]

[illegible]/[illegible]: [illegible] 110–130 [illegible] [illegible]

[illegible]

[illegible] LGBT+ [illegible]

[illegible] ([illegible]) [illegible] (Matryoshka) [illegible]

- [illegible] ([illegible]) [illegible]

- [illegible]: [illegible] [illegible] [illegible]

8.2 — The 80s Archive

[illegible]: [illegible], [illegible], [illegible] New Wave [illegible], [illegible]

[illegible]	[illegible]	[illegible] / [illegible]	BPM / [illegible]
The Running Man	[illegible]: [illegible], [illegible]: [illegible] "Running Man"	[illegible] MC Hammer [illegible] Bobby Brown, [illegible] 1988-1990 [illegible] — [illegible]	90-120 BPM. [illegible]: [illegible], [illegible], [illegible]. [illegible] "running man" [illegible] (130+) [illegible]
[illegible]	[illegible] ([illegible]). [illegible]. [illegible] ([illegible]). [illegible]	[illegible] 1980 [illegible] "[illegible]" [illegible] MC Hammer [illegible]	85-115 BPM. [illegible], [illegible]. [illegible] "The Roger Rabbit" [illegible]

	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ "□□□□□□□-□□□-□□□□□□" □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□.	□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□
The Worm	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□— □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□— □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□ "The worm" □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□: □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ "The worm" □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ 70 □□□□ □□□□□□□□□□□ 80 □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□	□□□□□□□□□□□□□□□□□ □ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□ □□□□□□□□□□□□□ □□□□□□□□□□□□
□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□ □□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□ □□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□ 70 □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ (breakdance) □□□□□□□□ "□□□□□□" □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□ □□□□□ — 80-110 BPM □□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ (□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□) □□ □□□□□□□□□□□□□□□□□□□ □□□□□□

	[illegible]		
[illegible]	[illegible]: (1) [illegible], (2) [illegible], (3) [illegible] moonwalk [illegible] Michael Jackson [illegible] 70% [illegible]	[illegible], [illegible] "Motown 25" [illegible] 1983 [illegible] 'the backslide' [illegible]	88-[illegible]: 1669 [illegible] 191 BPM [illegible], [illegible], [illegible] moonwalk [illegible]
The Safety Dance	[illegible] 1982 [illegible] Men Without Hats [illegible], [illegible], [illegible]: [illegible], [illegible], [illegible] * [illegible] * [illegible] * [illegible] [illegible] [illegible]	New Wave, [illegible] 1982-1985. "The Safety Dance" [illegible]	120-140 BPM. [illegible], [illegible], [illegible] 80 [illegible]

8.3 — □□□□□□□□□□□□□□□□ 90

□□□□□□□□□□□□□□□ 90 □□□ □□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□ □□□□ □□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□

□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□	□□□□□□□□□ / □□□□□□□	BPM / □□□□□□□□□
The Cabbage Patch	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□ □□□ — □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ — □□□ □□	□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ 90 □□□□□□□□□□ □□□□□□□□□□□□□□ Gucci Crew II (1987) □□□□□ □□□□ "Cabbage Patch" □□ □□□□□□□□□ Cabbage Patch □□□□□ □□	85-115 BPM. □□□□ □□□□□□□□□□□□□□, □□□□□ □□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□□□□□□□□□ "The Cabbage Patch" □□□□□□□□□ □□□ □□□□ □□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□	□□□□□□□□□□□□□□□□□□ □□ □□—□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ footwork □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□ (□□□□ □□) □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□	□□□ 90 □□□□ "□□□□□□□□□□□□□□□□□" □□□□□□□□□□□□□□□□□□□□□□□ — □□ □□	90-120 BPM. □□□□ □□□□□: □□□□□□□□, □□□□ □□□□□□□□□□, □□□□□ □□□□□□□□□ (R&B). □□□□ "The Butterfly" □□ — □□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□.

	[illegible]		
The Humpty Dance	[illegible] Shock G [illegible] Digital Underground [illegible] Humpty Hump [illegible] "Humpty Dance" [illegible]: [illegible]	[illegible] 1990, Digital Underground [illegible]—[illegible] "Humpty Dance" [illegible]	[illegible] 90-110 [illegible] "The Humpty Dance" [illegible]—[illegible]
The Tootsee Roll	[illegible], [illegible], [illegible], [illegible] – [illegible] [illegible]: [illegible] ([illegible]) [illegible] [illegible] "69 Boyz" ([illegible] 1994) [illegible]	[illegible] 1994, [illegible] 69 Boyz [illegible] Miami Bass [illegible] "The Tootsee Roll" [illegible] Miami bass / booty music [illegible]	90-110 BPM. [illegible]: [illegible], [illegible], [illegible] (R&B). [illegible]

	[illegible]		
The Kid 'n Play	[illegible] A [illegible] B [illegible] B [illegible] A [illegible]	Kid 'n Play, [illegible] 1988-1991. [illegible] "House Party" [illegible] Kid 'n Play [illegible]	90-115 BPM. [illegible]: [illegible], [illegible] (R&B). [illegible]
The Macarena	[illegible] ([illegible]) [illegible] ([illegible]) [illegible] 90 [illegible]	Los del Rio, [illegible] 1993 [illegible] 1996 "Macarena" [illegible]	104 BPM [illegible]—[illegible] 95-115 BPM [illegible] "Macarena" [illegible]

8.4 — [illegible] (ก่อน 2000 [illegible])

[illegible] 80 [illegible] 90 [illegible] 48 [illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible] / [illegible]	**BPM** / [illegible]
The Dougie	[illegible]	Cali Swag District, [illegible] 2010 [illegible] "My Dougie" [illegible] Lil Wil [illegible] 2007 [illegible] "The Dougie" [illegible] 90 [illegible]	80-110 BPM. [illegible]: [illegible], [illegible], [illegible] [illegible] (R&B). [illegible] "The Dougie" [illegible] (BPM [illegible]) [illegible] [illegible]
The Nae Nae	[illegible] [illegible] Silento, [illegible] 2015. [illegible] "Nae Nae" [illegible] Wanda [illegible] 'Martin' — [illegible] [illegible] [illegible] [illegible]: [illegible] Nae Nae [illegible]	Silento [illegible]	80-110 BPM. [illegible]: [illegible], [illegible], [illegible] [illegible] Whip/Nae Nae [illegible]

	[illegible]		
The Floss	[illegible] ([illegible]) [illegible]: [illegible] "floss" [illegible]	Russell Horning ('Backpack Kid'), [illegible] 2017 — [illegible] SNL. "The Floss" [illegible] "isolations" [illegible]: [illegible]	100-130 BPM. [illegible] "The Floss" [illegible] "Electric Slide" [illegible] 2017
The Melbourne Shuffle	[illegible]: [illegible]-[illegible], [illegible]-[illegible] — [illegible] "Shuffle" [illegible]—[illegible]	[illegible] 1980 [illegible] EDM [illegible] 2000-2010 [illegible]	130-150 BPM [illegible] "Shuffle" [illegible] "Running Man" [illegible] "Cabbage Patch"
The Woah	[illegible] ([illegible] hi-hat [illegible] snare) [illegible]	[illegible] 2019 [illegible]	90-120 BPM. [illegible]: [illegible], [illegible] "The Woah" [illegible]

	□□□□

8.5 — The Latin Archive

□□□

	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□.		
Salsa □□□□□□□□□	□□□□□□□□□□□□□□□□□□□□

8.6 — [illegible]

[illegible] [illegible]

[illegible] [illegible] [illegible] [

Burning (□□ 1990) □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ ballroom □□□□□ □□□□

Voguing □□□□□□□□□□□□□□□□□□□□

	□□□□ (Duckwalk), □□□□□□□□□□□□ □□□ (Hand Performance), □□□ □□□□□□□□□□ (Floor Performance), □□□□□□□□□□□□□□ □□□□□□□ (Spins and Dips) □□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□ "□□□□" □□□ □□□□□□□□□□□□□□□□□□□ "□□□□" □□□□□□□□□□ □□□ "□□□□" □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□

[illegible]

8. 8 — 8.11

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · The Bonfire · The Plant

[illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible] 8.8 — [illegible] [illegible]

THE CENTURION — [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 8.2 [illegible] 8.4 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

Cutting Shapes: [illegible]—[illegible] [illegible], [illegible], UK [illegible], [illegible]—[illegible] [illegible] 1990 [illegible]

[illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] "shapes" [illegible] [illegible]

□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□

□□□□□□□□□□□□□□□□□□□□□□□ **(BPM): 118–135 BPM —** □□□□□□□ **UK garage, UK house, UK funky** □□□□□□□□□□□□□□ **grime** □□□□□□□□□□□□□□□□□□□□

The Melbourne Shuffle: [illegible]

Melbourne Shuffle:
* [illegible] [illegible] [illegible] 1980
* [illegible] EDM [illegible] 2010

[illegible] 3 [illegible] "shuffle" [illegible] BPM [illegible] shuffle [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

The T-Step — [illegible]

[illegible]	[illegible]	[illegible]
RIGHT T-STEP: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (T) [illegible] [illegible] LEFT T-STEP ([illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] right [illegible] left [illegible] [illegible] [illegible] [illegible] [illegible] T [illegible]	[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] "[illegible] T" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible]

The X-Step — [illegible]

□□□□□□□□□□□□□□□□□□□□□□□□	□□	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ T
□□□□□□□□□□□□□□□□□□□□

[illegible]	[illegible] — [illegible]

[illegible] BPM [illegible]: 128–160 BPM
[illegible] T-Step [illegible] X-Step [illegible] 130–145 BPM
[illegible] Running Man [illegible] 155 BPM [illegible]

[illegible] DnB (Drum and Bass)

DnB / Jungle footwork UK — [illegible] jungle [illegible] soundsystem [illegible] 1992-1994 [illegible] Drum and Bass [illegible] 1994 [illegible]

[illegible] 3 [illegible] DnB: [illegible] ([illegible] 80 BPM) [illegible] (160–180 BPM) [illegible].

[illegible]	[illegible]	[illegible] / [illegible]	[illegible]
The Jungle Skank	[illegible] ([illegible]-[illegible]) [illegible] ([illegible]-[illegible]) [illegible]—[illegible]	[illegible] — "[illegible]" [illegible] "[illegible]" [illegible]	[illegible] "[illegible]" [illegible]

The DnB Step	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□ 3: □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□ (half-time). □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□ (□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□). □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□. □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□ — □□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□ gabber □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ DnB □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ half-time: DnB □□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□	□□□□□□□□□ — □□□□□ □□□□ DnB □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ (half-time).
The DnB Headnod	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□ 5 □□□□□□□□ □□□□□□□□ DnB □□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ kick □□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□ breakbeat □□□□□□□□□□□□□□□□□□□□□ □□□□ DnB □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ DnB □□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□
The Roll-Through	□□□□□□□□□□□□□□□□□ DnB □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□ Jungle □□□ DnB □□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ "□□□□□□" □□□ " surges" □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

	□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□	□□□□□□□□ Techno □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ House □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□	□□□□□□□□□□□□

Hakken [illegible] Muzz

Hakken [illegible] gabber/hardcore — [illegible], [illegible] [illegible] 1990 — [illegible] "hakken" [illegible] [illegible] [illegible]

Muzz UK — [illegible] [illegible]дко[illegible] — [illegible] 2000 [illegible] [illegible]

THE CENTURION — [illegible] [illegible]

Hakken [illegible] [illegible] [illegible] hakken [illegible] gabber [illegible] hardcore (150–220 BPM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible]
Basic Hakken	[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] 160 BPM [illegible] [illegible] [illegible] 180 BPM [illegible] [illegible] [illegible] 200 BPM [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] ([illegible] [illegible])	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible]—[illegible]	[illegible]: [illegible] ([illegible]) [illegible]
Muzz - [illegible]	[illegible] (Muzz music) [illegible]/[illegible] [illegible]: [illegible]	Muz [illegible] ([illegible] tabla, [illegible], [illegible]) [illegible] hakken [illegible] bhangra [illegible]

[illegible]: [illegible]: [illegible] ([illegible]), [illegible] ([illegible]), [illegible] ([illegible]) [illegible] Recovery Kernel [illegible]

[illegible] (Dubstep)

[illegible]: [illegible] 2001-2006 [illegible] Skrillex [illegible] brostep [illegible] 2010-2014

[illegible], [illegible], [illegible], [illegible]

[illegible] – [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
The Drop Lock	[illegible] ([illegible]): [illegible] — [illegible], [illegible], [illegible] [illegible]: [illegible] [illegible]: [illegible]	[illegible] "Drop lock" [illegible]	[illegible]— [illegible].
The Wobble	[illegible] ([illegible]) [illegible]	[illegible] LFO (Low Frequency Oscillator) [illegible] "[illegible]" [illegible]	[illegible] – [illegible]: [illegible]
The Glitch	[illegible], [illegible], [illegible], [illegible]: [illegible]. [illegible]	[illegible]— [illegible]	[illegible]

	[illegible]. [illegible]. [illegible] — [illegible] ([illegible]) [illegible]	[illegible], [illegible], [illegible]—[illegible]	[illegible] (glitch dance) [illegible]
The Krump Element	[illegible] Krump [illegible]: * Chest pops ([illegible]) * Arm swings ([illegible]) * Stomps ([illegible] kick) [illegible] Krump [illegible]	[illegible]—[illegible], [illegible], [illegible]	[illegible]

The Clog [illegible] Irish Step: [illegible].

Clog Dance: [illegible] [illegible] 17 [illegible]
Irish Step Dance: [illegible] [illegible] 17 [illegible]

THE CENTURION — [illegible] [illegible] [illegible]

[illegible] DNA [illegible] [illegible]-[illegible] [illegible] — [illegible], [illegible], [illegible]

[illegible]: [illegible]thm[illegible] [illegible] [illegible]logs [illegible]—[illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible]?
[illegible] clog [illegible]	[illegible]—[illegible] (\[illegible]-[illegible]-[illegible]-[illegible] [illegible]), [illegible], [illegible]: [illegible]	[illegible]: [illegible] "[illegible]" [illegible]
[illegible]	[illegible]	[illegible]: [illegible]: hakken ([illegible]

	[illegible]	[illegible]), [illegible] ([illegible]) [illegible] dubstep glitch ([illegible]) [illegible]
[illegible]	[illegible]: [illegible]—[illegible] clog dance [illegible] 2024 [illegible] 300 [illegible]	[illegible] clog [illegible] hakken [illegible]

[illegible]: [illegible] hakken [illegible] shuffle footwork [illegible] clog [illegible] Irish step [illegible]

[illegible] 8.9 — [illegible]

THE CENTURION — [illegible]

[illegible] T-Step [illegible] Electric Slide — [illegible]

[illegible]— [illegible], [illegible], [illegible], [illegible] [illegible]—[illegible]

The Bonfire

[illegible] — [illegible]

[illegible] "Bonfire" [illegible]

[illegible]	[illegible]	[illegible]
[illegible]—[illegible]: [illegible]	THE REACH: [illegible] THE SPARK: [illegible]	[illegible] [illegible]: [illegible]

	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] THE SWAY: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] "Bonfire" [illegible] [illegible] [illegible]—[illegible]— [illegible] [illegible] "Bonfire" [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] **Bonfire** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] **Bonfire** [illegible] [illegible]**,** [illegible]**,** [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

The Plant

[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible]

The Plant dancer [illegible] archetypes [illegible] Bonfire [illegible] Bonfire [illegible] [illegible] Plant [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]	[illegible] [illegible]	[illegible]
[illegible]: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible]	THE SWAY: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] Psytrance [illegible] [illegible] [illegible] [illegible] [illegible] Downtempo [illegible] Electronic [illegible] [illegible] [illegible] [illegible]

Plant [illegible] [illegible]: [illegible], [illegible]	[illegible] THE WAVE: [illegible] ([illegible]) [illegible] THE UNFURL: [illegible]	[illegible] The Plant [illegible]—[illegible] Bonfire [illegible] Plant [illegible] (archetype) [illegible]

[illegible]: [illegible] "[illegible]" [illegible]

[illegible]: [illegible] **"Plant"** [illegible]—[illegible] **"Bonfire"** [illegible]

[illegible]

THE CENTURION — [illegible]

[illegible], [illegible], [illegible], [illegible]:

1. [illegible]? "Bonfire" [illegible] "Plant" [illegible] (Bonfire) [illegible] (Plant).
2. [illegible] ("Bonfire") [illegible] ("Plant") [illegible]
3. [illegible]
4. [illegible]. [illegible]
5. [illegible] Bonfire [illegible] Plant [illegible] Bonfire [illegible] Plant [illegible]

[illegible]: [illegible]

THE CENTURION — [illegible]

[illegible] Recovery Kernel [illegible] [illegible]:

- [illegible] 0: [illegible] — [illegible], [illegible], [illegible], [illegible], [illegible]
- [illegible] 1-3: [illegible] ([illegible]), [illegible] ([illegible], [illegible], [illegible]), [illegible] BPM [illegible]
- [illegible] 4–7: [illegible], [illegible], [illegible], [illegible], [illegible]
- [illegible] 8: [illegible] — [illegible], [illegible] 80, [illegible] 90, [illegible], [illegible], The Spin, Vogueing [illegible] Ballroom, [illegible] (Cutting Shapes, Melbourne Shuffle [illegible] T-Step/X-Step/Running Man, [illegible] DnB, Hakken [illegible] Muzz, Dubstep), Clog [illegible] Irish Step
- [illegible] 8.9: [illegible] (archetype) [illegible] — "Bonfire" [illegible] "The Plant" — [illegible] (box dancer).
- [illegible] 9: [illegible]

[illegible] [illegible] [illegible]: [illegible]

[illegible] [illegible] [illegible] [illegible]

— — —

[illegible] — [illegible]

[illegible] 0 · [illegible] 1-7 · [illegible] 8 (8.1–8.9) · [illegible] 9

The Recovery Kernel | [illegible]

[illegible]

□□□□□□□ 9

□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□

*□□□□□□□□□□□□□□□□□□□

□□□□

□□□□□□□□□□□□□□□

2. □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□

- [illegible]
- [illegible]—[illegible], [illegible], [illegible], [illegible].
- [illegible] — [illegible], [illegible], [illegible], [illegible], [illegible].

9.5 — [illegible]

[illegible]:

- [illegible]
- [illegible]
- [illegible]—[illegible]
- [illegible]

[illegible]?	[illegible]
[illegible] — [illegible]: [illegible] [illegible] — [illegible]: [illegible] [illegible] — [illegible] [illegible]	[illegible] — [illegible] [illegible] — [illegible] [illegible] — [illegible] [illegible] — [illegible] [illegible] [illegible] — [illegible] [illegible]

9.6 — [illegible]: [illegible]

[illegible] – [illegible], [illegible], [illegible] – [illegible]:

1. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
2. [illegible] [illegible] [illegible] 9.2 [illegible]
3. [illegible] (conga line) [illegible] 0: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
4. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
5. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
6. STAY. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

THE CENTURION — [illegible]

The Electric Slide [illegible] The Running Man [illegible] The Roger Rabbit [illegible] Cabbage Patch, Butterfly, Moonwalk [illegible]

[illegible]

[illegible]

[illegible]

— — —

[illegible] 8 [illegible] 9 [illegible] The Recovery Kernel

[illegible]: [illegible] 0 ([illegible]) · [illegible] 1-7 ([illegible]) · [illegible]

[illegible]

[illegible]

THE CENTURION — [illegible]

[illegible] C-28 [illegible] Recovery Kernel [illegible]

□□□